

RUN // RUN // GOAL RACE EFFORT/TEMPO // 8 MILES

WORKOUT DETAILS

Workout Details

- 1. Warm up** *Press lap button to advance*
0.25 mi @ 50 % of Threshold Heart Rate
- 2. Race Effort/Pace/Tempo/Z3-lowZ4** *Press lap button to advance*
8.00 mi @ 75 % of Threshold Heart Rate
170-180 spm
- 3. Cool Down** *Press lap button to advance*
0.25 mi @ 40 % of Threshold Heart Rate



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